

## ETHNOLOGY STUDY OF DIABETES MELLITUS AMONG LUWU BUGINESE ETHNIC IN INDONESIA

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### ABSTRACT

The aim of this study was to determine the perception of Luwu Buginese ethnic of diabetes mellitus (*lasagolla*) and determine the role of herbal treatments for diabetes mellitus (bib'bi leaves, betel nuts and durian roots) as belonging to Buginese ethnic and tradition in Luwu. Research used a qualitative approach of ethnologic. The findings of this study described that Buginese ethnic Luwu perceive diabetes mellitus is a disease caused by a person consumes sugar that can lead to excessively so difficult wound healing. Someone stated that he was suffering from diabetes mellitus through 1). Views of others, 2). Same symptoms experienced by patients with diabetes mellitus, 3) result of modern medical examination. Patients with diabetes mellitus were included in the Buginese ethnic Luwu specifically use herbal remedies such as sugar apple leaf, *bibbi* leaf, Singapore leaf, guava leaves betel leaves, leaf gedi, leaf cat whiskers, mangosteen rind, betel nuts, seppang wood, cinnamon, *tebba 'coppeng*, *Cempa-Cempa sibokori*, areca roots and herbs. The use of herbs is based on compatibility with diabetes mellitus and the ease of obtaining. Herbs are used in obtained by means of ; a. bought in the market or herbalist, b. given by the child, family, neighbors or friends, c. Taken around the house, d. Taken from out of town Palopo (Sengkang, Malili, Borneo, Malaysia and Jakarta), e. Taken at sea. Herbs in though with boiled, brewed with hot water, and pounded and then inserted into the capsule. Conclusions, in the theory findings, the diabetes mellitus in Buginese ethnic Luwu get herbal medicine for treating diabetes mellitus in a way that is simple and easy. Patients with diabetes mellitus in Buginese ethnic Luwu in treating the serious wounds utilize medical care services to avoid amputation.

**KEYWORDS:** Diabetes Mellitus, Luwu Buginese Ethnic, Herbal Remedies

### INTRODUCTION

The high number of cases of diabetes mellitus in Palopo which in the view of the researcher is closely associated with the cultural issues and the lack of cultural studies on diabetes mellitus. Health researcher trying to dig further to see the cultural association with the incidence of diabetes mellitus cases in an effort to get treatment of diabetes mellitus traditionally fit the local culture. Patients with diabetes mellitus in Buginese ethnic Luwu before using traditional herbal remedies, they visited health care facilities to conduct an examination of their blood sugar levels, so that the results of the examination can determine if they are suffering from diabetes mellitus or not. But after knowing that they are suffering from diabetes then they continue on the traditional herbal medicine. Visits to health care facilities using a variety of financing facilities either financing on personal expenses, use health insurance or visit the free of health care facilities.

Participants visit free health in South Sulawesi in 2010 based on the report for the year 9 team South Sulawesi Provincial Health Office as much as 164 211 people hospital (outpatient) and 55 902 (hospitalization), and 5,916,136 people to health centers and 53 366 people (care hospitalization) with the absorption of free health funds allocated by the South Sulawesi provincial government of Rp.168 436 558 053 and realized for Rp.139 749 639 221 (70.25%) (South Sulawesi Provincial Health Office, 2012).

Bugis society also still believe in the so-called reference group, the person who is considered a role model or a person who believed his words look when they follow the advice or view one of the methods of treatment of diabetes mellitus disease either the family or the people around them who became a "parent" people who are considered to have a lot more knowledge and wisdom. Families opinions in Bugis also able to influence the selection of treatment of diabetes mellitus is done because they have become even more family reference group who also had diabetes mellitus or a family who had met with diabetes mellitus and knowing his recovery through the use of herbal medicines. Those who respect the advice of the parents will be seen as people who know the culture and are always keeping the values of the culture. Based on such information can be made the proposition that the treatment of diabetes mellitus Luwu recognize one of them leaves their tree planting *bib'bi* who own or look for it elsewhere. If this is true then it is actually the Luwu common in the early phase of treatment of diabetes mellitus using a *bib'bi* leaf and further research is needed to prove the proposition building as something that applies in general to Buginese ethnic Luwu.

## METHODS

### Research Site

This study was conducted in Palopo City and the surrounding areas, with the unit of analysis was patients of Luwu Buginese Ethnic with diabetes mellitus in the traditional herbal treatment. Because the goal of this research is the search phenomenon of treatment in patients with diabetes mellitus, then the selection of informants was based on the subject as suffering from diabetes mellitus or having problems, have data and are willing to provide the data. The Buginese Ethnic considerations in Luwu (Palopo City and surrounding areas) due to the discovery of data decreasing mortality due to diabetes mellitus, but the number of cases of diabetes mellitus continues to increase every year, the number of patients treated diabetes mellitus continues to increase, the term "*Lasagolla*" for diabetes mellitus as well as the use of herbal medicine / certain traditional Palopo available at a fee.

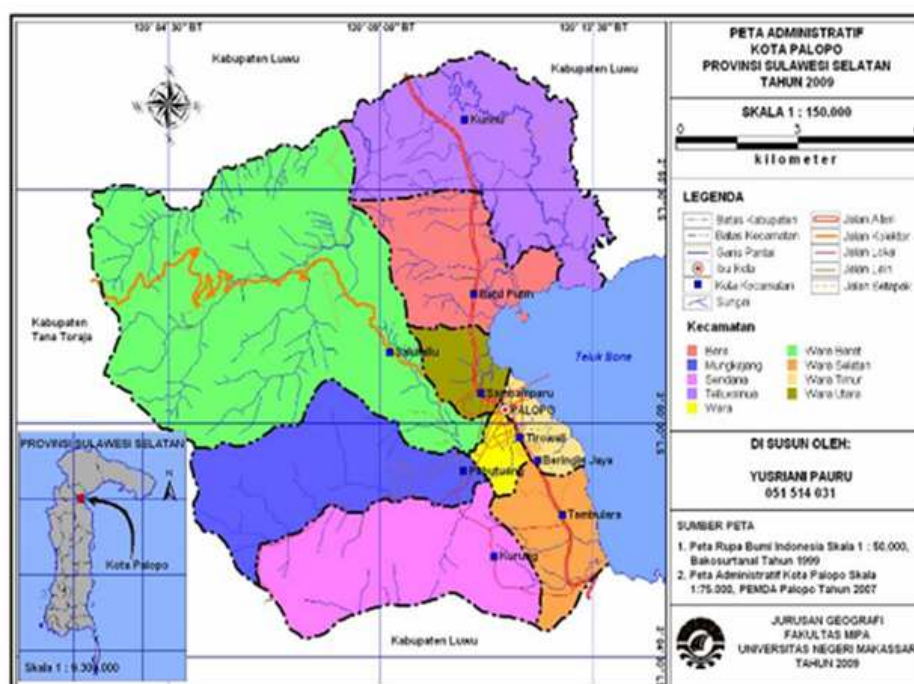


Figure 1: Map of the Research Site in Palopo City, South Sulawesi. (Madjid, 2010)

### Types of Research

This qualitative research included in the format etnologik types (Patton, and Quinn, 1990), which illustrates the perception of people with diabetes mellitus diabetes mellitus itself and the type of herbal medicine used in patients with diabetes mellitus in Luwu Buginese ethnic, to confirm the offender service providers as informants. This type of research is used to to obtain the concepts and propositions on the perception of people with diabetes mellitus and type of herbal remedy used as an Ethnic diabetes mellitus in Bugis Palopo.

### Studies Ethnology

Based on the assumption that the culture of many countries in the East is inferior compared with Western culture. Developing the so-called primitive cultures study ethnology (Muhadjir, 319,). Different ethnographic study of the social order in some way. Most importantly, instead of different stages, but ethnographic research requires a constant flow from one stage to another. Although we can identify five tasks in that order, but the task - the task to be run all at the same time. (J. P. Spradley, 1997).

- **Select the Problem:** All ethnography begins with the same general problem: what cultural meanings used by people weeks to regulate behavior and interpret their experiences? This problem is based on a general theory of culture which has many similarities with symbolic interaction. (J.P.Spradley, 1997)
- **Collecting Cultural Data:** This phase began before any hypothesis formulated. Ethnographer began asking questions - questions the common descriptive observation, and noted all of this in the record field. (J.P.Spradley, 1997)

- **Analyzing of Financial Culture:** This analysis includes the re-examination of the record field to search for a symbol - a symbol of the relationship between culture and the search for a symbol - a symbol of it. (J.P.Spradley, 1997)
- **Formulating the Ethnographic Hypothesis:** Although ethnographer formulate hypotheses to be tested, this hypothesis arises from the culture being studied. The hypothesis is that ethnographic hypothesis should be formulated after collecting initial data. This ethnographic hypothesis proposes that the relationship must be tested by checking it - it is known by the informant. Most ethnographic hypotheses arise from various forms of analysis that will be discussed. (J.P.Spradley, 1997)
- **Writing Ethnography:** Although writing a description of the culture will take place near the end of the study, but writing it will stimulate new hypotheses as well as bringing back researchers to conduct more field research. (J.P. Spradley, 1997). This study uses the study of ethnological because of the similarity in the behavior of people with diabetes mellitus through familiarity with traditional herbal medicine in Buginese ethnic in Luwu.

## RESULTS AND DISCUSSIONS

### Synthesis Bugis Culture Linked to Diabetes Mellitus Genesis

- **Presentation of Food Linked to Diabetes Mellitus**

In a review of the literature on the Buginese culture also found a fragment of the story of the epic *La Galigo* stating Bugis people often eat in a day, notice the food of the slaves, they eat seven times a day. Three meals in one night (White water Pancana Toa in *La Galigo* volume II, page 33). In addition to a literature review is found in the written history of the Luwu Buginese society regarding eating habits conducted, narrative or culture alive through oral also found through interviews with informants. Buginese society known for its presentation of the cake is sweet, eat in large amounts and frequently. In view of the Buginese present something sweet is the hope for life and sustenance will also taste sweet. When the Buginese Ethnic Communities in Luwu asked about the reason for the use of sweets in celebration of the answer is that it is culture, their ancestors have done so long ago that they were obliged to keep the culture. The types of cake with a thick sweet taste normally found in a community celebration Luwu Buginese such as *Onde-onde*, *Burongko*, *katirisala* were all processed using sugar to taste very sweet.

Eating in large numbers and often closely related to the type of work that acted by the Bugis tribe. Those who farmed before spending a lot of energy because of excessive physical activity so that they are farming will quickly feel hungry and eat when they will tend to eat in large quantities to meet its energy needs. It is finally entrenched in Bugis society up till now many eating habits and is often still done by luwu Buginese ethnic despite their lack of physical activity. Also recounted in several texts about culture of lontara Bugis community in Luwu in the treatment of disease is growing with the arrival of Islam. Islam is very strong in the Buginese community in Luwu. It is also the basis for the culture of the people not to waste food, if there is leftover food from relatives, then the food will be tried in eating until discharged by one of the family and usually a mother or grandmother as a sign of appreciation to the food to the fortune the still come because they are not wasting their fortune. Customary in the preparation of food and the way foods are entrenched in society of Buginese of Luwu directly at the root of diabetes mellitus itself is one of the contributing factors is that foods high in sugar.

- **Do Ceremonies Buginese Ethnic Luwu and Their Relation to Diabetes Mellitus**

Interpreter that is ready to be built and held a meal, after it held cockfighting. *Sawerigading and I Lagaligo* receive love letters *senrijiwa* and hold secret meetings. Many days the party was held. (R.A. Kern, 1989 in I La Galigo it. 514). Bugis people in Luwu also known by the customs celebrated every thing that brings blessing as a sign of gratitude for the blessings in getting. Seven days and seven nights; *Bataralattu* 'having a party at the palace with his guests (RAKern, the I La Galigo hal.925). Ceremony celebrations such as harvest celebrations, weddings, pregnancy and birth. In addition to the celebration of the blessings given creator, Buginese community in Luwu also always perform ceremonies starting reinforcements or grief. Ceremonies performed Bugis community in Luwu sugary foods and always provide large quantities. One thing that is very interesting from the ceremonies were held that they were working as farmers or landowners have ordinances and the same diet that is equally able to eat in large quantities, and equally often and eating foods that are sweet or high calories. Those who work as farmers every day does require a lot of calories because of the many physical activities by farmers in the fields or rice paddies. However, when seen from them as landlords or noblemen who does not have a physical activity such as farmers however, have a tradition of eating the same thing then it is not surprising that after their elderly diabetes mellitus 2 ceremonies performed in Luwu Buginese society as tradition or culture as it could make the rising cases of diabetes mellitus, especially type 2 diabetes mellitus.

- **Technology Development and Relation to the Genesis Diabetes Mellitus**

Change is a matter that cannot be removed and irreversible. Development era has given rise to changes in patterns of behavior of society and cannot be separated for the Bugis people in Luwu. These changes also have consequences on the behavior of public health in general. Logical consequences that must be considered is the advancement of technology, especially as a tool for humans. Bugis people also do not lag behind the technological advances influence. Discovery tools that simplify the work, which reduces physical activity, especially for farmers in working to bring change to the advancement of health especially heavily influenced by the culture and its relationship with physical activity such as diabetes mellitus.

In Buginese society technology tools that have changed and reduced physical activity for the farming community. For example, the use of tractors in the fields replace the traditional method of cultivating the soil using a hoe which requires more energy so that there is a balance between calories in and energy out who makes it go hand in hand with food-related culture. Tractor known as a tool that facilitates the work of getting special attention for the community and it is not balanced with excessive diet because it has become a tradition that the amount of calories that enter in the body is not equal to the energy expended. It became the forerunner of diabetes mellitus.

## **Synthesis Ethnic Herbal Medicine Used to Treat Diabetes Mellitus**

- **Modern Medical Drug Use and Use Herbs to Treat Diabetes Mellitus**

Based on the results of interviews conducted in patients with diabetes mellitus, stated that the consumption of medical drugs are the most widely *Glibenclamide*. In the modern health services also prescribe this drug for the treatment of diabetes mellitus cases. At the clinic patients, administration of oral antidiabetic drugs are preferred for patients with diabetes mellitus type 2 Despite of some literature mentioned earlier insulin administration in patients with blood sugar levels are not controlled and more than 5 years is recommended, but it takes skill to administration. Glibenclamide is a sulfonylurea drug class second generation of the most widely prescribed for patients with diabetes mellitus who did not

show improvement in outcomes with metformin only. This drug has a  $t_{1/2}$  of elimination that is 9 hours long, so it is only given 1 x daily. Also in terms of the economy, so the price is relatively cheap glibenclamide can be obtained by all circles of society (Bayu and Novairi, 2013).

Although the Buginese community in Luwu utilize modern medical services to treat diabetes mellitus but this should not be the only way of treatment performed. More people choose to use herbs such as *Bibbi* leaf 'which has been used by many people and proved very successful. The use of modern medical drugs like Glibenclamide although arguably relatively cheap and can be reached by all people but, people prefer to use herbs as medicine although equally classified as diabetes mellitus are relatively cheap but, to get herbal diabetes mellitus do not need to bother to care health that can be located far from the homes of people and do not need to spend a lot of time for queuing and moreover must be accompanied by a medical examination. Society is the only way to use herbs plucked from the front of the house or a neighbor's house and there is also given by family or friends.

Based on the historical record of the medical treatment undertaken in Luwu Buginese society to treat the symptoms of diabetes mellitus seen from the study of modern medical treatment methods are not the same. Modern medical treatment using the compounds derived from the chemical process while leaving the traditional medical treatment of culture-derived. If assessed by looking at the chemical constituents of medicinal herbs used by the Bugis Ethnic Communities in Luwu from historical records, can be found association with today's modern medical treatment.

- **Selective Survival in Luwu Bugis Society**

Each person will always try to maintain life. When someone is sick, especially in the Buginese community in Luwu they will try to seek treatment in accordance with what they know (Sunanti, 2003). Those people in Luwu would seek treatment themselves familiar with such plants for farmers efficacious they know they will use to treat pain. If the pain they have suffered has been caused others to lose their lives then they will try hard to find an effective treatment for treating the disease. Diabetes mellitus has been shown to cause some relatives or family in Buginese ethnic Luwu lost his life, therefore they were suffering from diabetes mellitus will also try to find the best treatment for himself.

Based on the successful experience of some people who use herbs as medicine diabetes mellitus, those with diabetes mellitus and feel no change in the herbs then they will try to distribute the herbal medicine to other people with diabetes mellitus or other person who has the same characteristics with other people with diabetes mellitus. Diabetes mellitus drug efficacious know that they will not be yours or their own knowledge, the Bugis tribe in Luwu will try to spread the use of herbs such information to others, whether it is people with diabetes mellitus or those who have diabetes mellitus families, even sometimes not only the information they share, they also do not even object to distribute the herbs to others who suffer from diabetes mellitus.

## CONCLUSIONS

Patients with diabetes mellitus in Buginese ethnic Luwu considers diabetes mellitus is a disease that can lower a person's self image and bring *siri* 'in society as well as the dissemination of information related to the use of herbal *pacce*' to provide assistance to people with diabetes mellitus regarding the use of herbs to treat diabetes mellitus.

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